



January 9, 2009

## David Tenney Named Fitness Coach

**RENTON, WASH.** – David Tenney has been named the Seattle Sounders FC fitness coach, it was announced today. Tenney, 38, becomes the third member of head coach Sigi Schmid's staff.

"Dave Tenney is a recognized fitness and soccer coach in Major League Soccer from his past work in Kansas City," said Schmid. "We're very excited to have him join our staff and bring his expertise to our Sounders FC team."

Tenney spent the past two MLS seasons with the Kansas City Wizards, where he served as both fitness and goalkeeper coach.

"I am really looking forward to working with Sounders FC," Tenney said, "It's a world class organization with world-class facilities. The infrastructure Seattle has in place provides a solid foundation for success in the league, and it's a great fit for where I am in my career right now."

Tenney came to Kansas City from Virginia's George Mason University, where he served as a goalkeeper and fitness coach for both the men's and women's teams for two seasons. He earned his B.I.S. in coaching science from George Mason in 2005.

While at George Mason, Tenney also served as director of coaching for the Washington Freedom youth teams from 2004-06 and as Maryland's girls director of ODP.

He also holds an 'A' license from the Czech Republic F.A. and NSCAA 'Premier' Diploma.

Tenney's playing career features both collegiate and indoor professional honors. At Virginia Tech (1989-91) he served as team captain the final two seasons. As the Hokies' goalkeeper, he was voted Metro Conference Defensive MVP in 1989.

His professional career began overseas with Germany's SV Linx (1992-93) and FC Rastatt (1993-94). He returned home to play for the Washington Warthogs of the Continental Indoor Soccer League from 1994-97. He was with the Baltimore Blast of the NPSL from 1998-2000 and also starred for the Baton Rouge Bombers, earning second team all-EISL in 1998.

Transaction: Seattle Sounders (MLS) – Named David Tenney fitness coach

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